

treated by driving a few pegs into the center of each sole. Sometimes—not always—soaking the soles in oil will cure the squeak. If they are incurable, give them to Bridget or Dinah, or else donate them, with your blessing, to the very first "rummage sale" within your reach.

There are several ways of filling cracks in floors. First, dissolve a pound of common glue in two gallons of water. Into this stir enough fine sawdust to make a thick paste, and fill the cracks with it. It may be colored to match the wood. Second, soak finely shredded newspapers in water and boil it until it is a soft pulp. To every two gallons add one pound of glue. Fill the cracks even with the boards. Third, fill the cracks with putty, coloring to match the wood if necessary.

Good Advice For Boys.

"Most people go through life with closed eyes and minds. They do not notice what goes on about them; they have no curiosity about trees, birds, stars, the mechanism of locomotives, the art of sailing, the wonders of electricity, the endless variety and movement of things in the world in which they live. They do not learn as they go on in life, because they have not formed a habit of learning. Make it a practice to look into things which surround you, and which you use daily; find out how they are made; induce men to talk to you of the things that they know best; form a habit of studying everything which comes in your way. He who gains this habit not only gains the power which knowledge always brings, but also makes himself a very desirable companion." —Success.

Women as Farmers.

Successful farming means a careful attention to small matters. However unintelligent a woman may otherwise be, she is possessed of a genius for looking after details, and for a woman of industry, average business ability and a determination to succeed, farming offers an inviting field. The census statistics show that hundreds of women are listed as farmers. Some of these women have inherited their farms, and though married, are making a creditable showing with small aid from their husbands. Many are spinsters, who, having saved up the surplus of their earnings as wage-workers, after paying living expenses, have purchased land and gone heartily to work, determined to succeed. Others are girls—daughters who are in partnership with their parents.

There is probably no other occupation at which a woman can so soon become the possessor of a home, which, though perhaps not palatial at the beginning, is yet a home, and, say what you will—woman—new or old—loves her home.

Women are peculiarly fitted to the business of stock farmers. They possess the maternal instinct which is so necessary in caring for the young, and the ailing, and it is rarely that you find a woman farmer who has "wild things" among her animals.

Our agricultural colleges are opening up a grand work in teaching their pupils industrial pursuits. In educating our girls we should not place the theoretical before the practical. A girl who knows how to cook and manage a household; who can sew and

CATARH CAN BE CURED

Catarrh is a kindred ailment of consumption, long considered incurable, and yet there is one remedy that will positively cure catarrh in any of its stages. For many years this remedy was used by the late Doctor Stevens, a widely noted authority on all diseases of the throat and lungs. Having tested its wonderful curative powers in thousands of cases, and desiring to relieve human suffering, I will send free of charge to all sufferers from Catarrh, Asthma, Consumption, and nervous diseases, this recipe, in German, French or English, with full directions for preparing and using. Sent by mail by addressing with stamp, naming this paper. W. A. Noyes, 748 Powers Block, Rochester, N. Y.

take care of her young family, is far better fitted for a happy home life than the one who is first in scholarly attainments, a fine musician, or "accomplished" in the way of languages and literature.

Work on a farm need not be all hard work, but it is tedious, and, in a way, similar to housework—in that it is "never done," finished; for the routine is pretty much the same. Yet one has here the advantages of sunshine and fresh air, of perpetual change. Something new every day or hour, and one soon becomes attached to tree and plant and animal. Home on the farm is home indeed, and a genuine, thrifty, farmer finds a large amount of comfort in the knowledge that she is "monarch of all she surveys"—is "lord of the fowl and the brute"—a sense of absolute ownership, with "none to molest or make her afraid."

Baker's Ginger Snaps.

One cupful each of sugar, molasses and butter (or lard and butter mixed), one teaspoonful of soda; one tablespoonful of ginger; nearly half teaspoonful of black pepper (which can be omitted if preferred); mix the ingredients, dissolving the soda in a little hot water; then add as much flour as can be stirred in—not kneaded. Pinch off pieces the size of a marble, roll in hand, slightly flattening, put in well-greased tins with space between to allow of spreading, and when done, let remain in pans to cool.

School Lunch Cake.

No. 1.—One cup of sugar, one cup of cold water, one egg, butter size of an egg, two scant teaspoonfuls of baking powder, one pint of flour; season with lemon extract.

No. 2.—One cup of sugar, half cup milk, butter half size of an egg, half teaspoonful of soda. Thicken like cup cake, and season with cinnamon.

No. 3.—Six cupfuls flour, three cupfuls molasses, one of sour cream, one of lard or butter, two eggs, one teaspoonful of cinnamon and two teaspoonfuls of ginger.

Good Sponge Cake.

Separate the whites and yolks of four eggs, beat the whites until stiff enough to cling firmly to the inverted dish beaten in. Then beat into the white one-half cup of powdered granulated sugar. If not beaten carefully into the egg, sugar makes the cake tough. Beat the yolks, then beat into them another one-half cup of powdered granulated sugar, and continue to beat a good five minutes, by the clock. Add to the yolks and sugar the grated rind and juice of one lemon, and beat again, after which beat thoroughly together the whites and yolks. Add to this one cup of flour, and beat until the mixture looks like a puff ball. Bake carefully twenty-five minutes. When done, sprinkle a tablespoonful of sugar over the cake.

Cure For Burns.

Upon a piece of old, thin muslin spread common pine tar, a quarter of an inch thick. Dip a piece of old lawn, or very thin muslin, into melted lard, and wring as dry as you can, and carefully spread over the tar. Lay the greasy side on the burn, wrap closely with other cloths so as to keep out the air, and do not take off this dressing for two or three days. If, at the end of that time, the sore is still red, put on a fresh dressing of tar, prepared as before. When all redness has disappeared, dress with a soft cloth spread with slightly carbolated vaseline. This will soon heal the sore.

This is an old recipe, often tried. It

Pure, Palatable, Popular.

Millions are Eating Malta-Vita

"The Perfect Food."

Malta-Vita with cream or milk and sugar. Malta-Vita and sliced bananas with cream, delightful dishes.

Requires no Cooking.

will not adhere to the sore, and is quickly and safely changed.

Little Helps.

Buy ten cents' worth of celery seed at your grocer's or druggist's, and have it ground finely. Mix with it fine table salt, six parts salt to one of ground celery seed; less celery can be used, if preferred. Mix thoroughly and put in bottle and cork tightly. Celery salt is liked in soups, and used in various ways where celery is liked. It will "keep."

For wounds caused by rusty nails, take live coals, put on the coals some woolen rags, and over the rags sprinkle some brown sugar. Hold the wounded part over the coals in the smoke, until the pain ceases. Will also cure the pain of bee stings. Holding the burning rags under the nose of a horse suffering with colic, will soon bring relief.

For cuts with glass, or wounds from rusty nails, or splinters, apply to the parts a poultice of finely scraped garden beets; renew as often as dry, and the wound will cease to pain and heal quickly.

Half the people who think they are afflicted with dyspepsia are only suffering from starvation. Women, especially, neglect to eat at proper times and in proper quantities, and the stomach is so seldom required to digest a full meal that when the duty is enforced, it is incapable of performing it. Good, nutritious food is a better remedy than drugs.

Nothing probably contributes more to the health of the family than the proper ventilation of sleeping rooms. A window should always be opened, to a degree; in all weathers, fresh air is a necessity.

—H. W. McV.

Elizabeth Cady Stanton.

One source of the great influence of Elizabeth Cady Stanton was her charm of manner. The popular notion of the early woman suffragists was that they were angular old maids, or termagant wives with voices strident and sharp; and a disposition to ride rough-shod over other people. Mrs. Stanton's delightful femininity won a hearing for her not only from men, but from members of her own sex. As the idolized wife of a talented man who heartily coincided with her views of political and social reform, and as the mother of a large and interesting family of boys and girls, all of whom grew up and at-

tained positions in the world of thought and action which reflected credit upon their home training, Mrs. Stanton could not be assailed by conservatives with the sharp weapon of personal ridicule. She could not be held up as a "horrible example." She wrote and spoke with logical precision and with imaginative picturesqueness of phrase and illustration. It is true she was not always judicious. One of her latest undertakings, the authorship and publication of the so-called Woman's Bible, was a work of presumption and folly that will add nothing to her fame. But on the whole she wrought ably and sincerely for ends that she believed to be right, and even those disposed to doubt the efficacy of some of the innovations at which she aimed cannot withhold admiration for the purity, the disinterestedness, and the energy with which she wrought for what she believed to be the good of humanity.—Milwaukee Evening Wisconsin.

Fish Hook Cactus.

Many a traveler in desert lands, when in danger of dying from thirst, has been saved by the plant known as the water or fishhook cactus, says the New York Commercial. During the moist season it stores up a large quantity of water for the subsequent dry one, when all the ground is parched with heat and only channels filled with stones mark the course of former rivulets. So well has this cactus provided for the safety of its precious liquid that it is no easy task to obtain it. The exterior skin is more impenetrable than the toughest leather, and, besides, it is protected with long, wiry spines curved into hooks at the end, yet so strong and springy that if a large rock be thrown against them they remain uninjured. If the spines be burned off one may, by long and tedious effort, cut through the rind with a stout knife; otherwise nothing but an ax will enable them to get at the interior of this well-armed plant. When the top is removed and a hollow made by scooping out some of the soft inner part it immediately fills with water, cool and refreshing, though a blistering sun may have been beating upon the tough skin above it all day. The water, when first obtained, has a whitish or smoky tint, but when settled is as clear as crystal.

Cause for Wonder.

Cuba cannot help suggesting that a government so gifted in the matter of abolishing yellow fever ought to be able to work out a satisfactory sugar schedule.—Pittsburg Dispatch.